

Support for Parenting

Childcare

Physical Health

Mental Health and Well Being

Education and Literacy

Special Needs

Community Supports

EarlyON Child and Family

Centres are places where parents and caregivers can:

Find parent education and support
Take part in a range of programs with other parents
Get answers to questions
Get information about programs and services that are available to young children and their families
Talk to early years' professionals as well as other parents and caregivers in the community
Toll Free
X2531 1-866-433-8933
<https://www.leedsgrenville.com/en/services/EarlyON.aspx>

Triple P Parenting for parenting sessions and information

Call: 1-800-660-5853
Email: triplep@healthunit.org
Visit www.triplep-parenting.ca
Country Roads Community Health Centre
Portland (613)272-3302
Westport (613)273-9850
www.crhc.on.ca

Country Roads Community Health Centre Parenting Education and Support offers programs and appointments in Portland, Elgin, Delta (nurse, dietician, health promoter on site) 1-888-998-9927

Family and Children's Services
1-855-667-2726
Children's Mental Health of Leeds and Grenville (CMHLG)
1-800-809-2494 www.cmhlq.ca

Family and Children's Services
1-855-667-2726

Licensed Childcare Centres

Westport Child Care Centre
(613) 273-5437

Elgin & District Co-op Nursery School
613-359-6611

Rideau Lakes Early Learning Centre
613-359-0002

For information about Before and After School Programs contact your school.

Licensed Home Childcare
Brockville and Area YMCA
Licensed Home Child Care
(613) 342-7961x35

United Counties of Leeds and Grenville

Children's Services Department
613-342-3840 x2351
1-800-267-8146
Childcare Fee Subsidy
<https://www.leedsgrenville.com/en/services/child-care-fee>
Canada-Wide Early Learning Child Care System
<https://www.leedsgrenville.com/en/services/canada-wide-early-learning-and-child-care-system.aspx>

Telehealth Ontario 1-866-797-0000

Poison Centre 1-800-268-9017

Country Roads Community Health Centre 1-888-998-9927 or 613-272-3302

Provides Health Care and Health Promotion programs for all ages www.crhc.on.ca

Health Unit-Leeds, Grenville and Lanark District Health Unit
1-800-660-5853

Including: Baby Talk, Dental Services, Healthy Babies Healthy Children, Immunization, parenting programs and information, postpartum depression support, prenatal and breastfeeding education
www.healthunit.org

Community and Primary Health Care (CPHC)
1-800-465-7646

Includes community programs and services and primary health care services
www.cphcare.ca

Health Care Connect
1-800-445-1822

Helps Ontarians who are without a family health care provider (family doctor or nurse practitioner) to find one...

<http://www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx>

Hearing and Vision
Southeastern region Infant Hearing and Blind Low Vision Program KFL&A Public Health

1-800-267-7875 x1145
Hearing Life 1-888-403-5917

Hospitals

Brockville General Hospital (613-345-5649)

Hotel Dieu Hospital – KidsInclusive
1-855-554-3400 ext. 3175

Children's Hospital of Eastern Ontario
(613) 737-7600

Perth and Smiths Falls District Hospital
(613) 283-2330

Pediatric Physiotherapy

Brockville General Hospital 613-345-5649 x54562

For Children

Children's Mental Health of Leeds and Grenville

1-800-809-2494

Country Roads Community Health Centre 1-888-998-9927

Family and Children's Services 1-855-667-2726

Children's Hospital of Eastern Ontario Mental Health Intake service

(613) 737-7600

Community and Primary Health Care (CPHC)

1-800-465-7646

Developmental Services of Leeds and Grenville

1-866-544-5614

KIDS Help Phone Line

1-800-668-6868

For Adults
Leeds-Grenville Mental Health and Addictions

1-866-499-8445

<http://llgamh.ca/community-addictions-services.php>

Mental Health Crisis Line
1-866-281-2911

ConnexOntario Helpline
1-866-531-2600

Indigenous Peoples
Hope for Wellness Helpline

1-855-242-3310

Addictions Services
Addictions and Mental Health

1-866-499-8445

<http://llgamh.ca/community-addictions-services.php>

Alcoholics Anonymous
1-855-267-2696

Al-anon and Alateen
1-888-4AL-ANON

<https://al-anon.alateen.on.ca/>

Ontario Problem Gambling Helpline
1-866-531-2600

For Children

Catholic District School Board of Eastern Ontario

1-800-443-4562

Country Roads Upper Canada District School Board

www.ucdsb.on.ca

1-800-267-7131

Conseil Des Écoles Catholique Du Centre-Est
1-888-230-5131

ecolecatholique.ca

Literacy Support
Libraries

Rideau Lakes Public Libraries (613) 359-5334

www.rideaulakeslibrary.ca

Westport Public Library (613) 273-3223

www.village.westport.on.ca/about-westport/westport-public-library

For Adults
Alternative/Continuing Education

LEAP (Learning, Earning and Parenting Program) (parents ages 16-21) 1-800-267-8146

www.leedsgrenville.com/en/live/communityprograms/LearningEarningAndParenting.asp

TR Leger School of Adult, Alternative and Continuing Education Programs

Adult Literacy & Employment Preparation Program. (613)-342-1127

<http://www.trlegeralepp.ca>

St. Lawrence College
www.stlawrencecollege.ca

613-345-0660

Keys Job Services 613-359-1140

English as a Second Language

TR Leger School (613)-342-1127

www.welcometrleger.ca

Literacy Link of Eastern ON
1-800-465-7323

KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre
1-855- 544-3400 ext. 3175
(613)544-3400 ext. 3175

Provide rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges

www.kidsinclusive.ca

Children's Mental Health of Leeds and Grenville 1-800-809-2494.

www.cmhlq.ca

Brockville and District Association for Community Involvement (BDACI) (613) 345-4092

Provides assistance to families of children with intellectual disabilities in Leeds and Grenville.

www.bdaci.com

Developmental Services of Leeds and Grenville 1-866-544-5614

Provides a variety of clinical and support services for children, youth and adults with developmental/intellectual disabilities to develop their potential within their communities.

www.developmentalservices.com

Infant and Child Development Program (613) 345-1662

A family centred early intervention program providing assistance to parents/caregivers in promoting their child's development.

Language Express 1-888-503-8885

Early identification, assessment and treatment of speech, language, and communication delays and disorders for children from birth to school entry.

www.language-express.ca

ConnectWell (Autism Services)
1-866-257-7618.

Guthrie House Community Hub
613-359-6000

provides a range of services and supports

Food Access
Delta Food Bank (613) 928-2885

Elgin Food Bank (613) 359-6118

Community Kitchen
1-888-998-9927

(613) 272-3302

Portland Food Bank (613) 272-8977

Westport Food Bank (613) 273-5289

CRCHC Community Kitchen
1-888-998-9927

Housing and Social Assistance

United Counties of Leeds and Grenville

1-800-267-8146

Immigration Services
TR Leger Immigration Resource Centre 1-877-875-3437

Immigration Partnership
<http://www.leedsgrenvilleimmigration.ca/>

Legal Aid Ontario,
Brockville (613-341-2800)

x2252

Support for Recreation
Making Play Possible

1-800-809-2494

Township of Rideau Lakes 1-800-928-2250

YMCA 1-613-342-7961

Programmes for Kids
Big Brothers Big Sisters of Leeds & Grenville 613-345-0281

Girls Inc. of Upper Canada
613-345-3295

Violence/Abuse Related Support

Assault Response and Care Centre (ARCC)
1-800-567-7415

Leeds and Grenville Interval House (24 hours) 1-800-267-4409

Victim Services

Communities of Leeds-Grenville

www.everykid.on.ca

Community Resource Guide
Rideau Lakes and Westport 2022